

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY, EUROPE, AND SEVENTH ARMY
UNIT 29351
APO AE 09014

AEAGC-BCD-CDR

27 October 2010

MEMORANDUM FOR RECORD

SUBJECT: Command Policy Letter 5, Army Physical Fitness Test (APFT) and Weight Control

1. As emphasized in Command Policy Letter 4, Command Philosophy, it is important to maintain our physical fitness. In the past there have been unofficial policies concerning incentives for performance on the APFT. The purpose of this policy letter is two-fold. First it codifies the incentives for excellence on a record APFT. Second it describes actions to be undertaken by the command for marginal and poor performance on the APFT or failure to meet the Army's Height/Weight Standards.
2. APFT and Weigh-In.
 - a. The 19th BCD will conduct a record APFT and weigh-in for all assigned personnel each April and October to take advantage of the best possible weather.
 - b. Effective in November 2010, we will conduct a diagnostic APFT monthly for designated individuals who fail the APFT, or fail to achieve at least 70 points in each event of their previous APFT.
 - c. The unit will conduct a monthly weigh-in for Soldiers who fail to meet the Army's height/weight standards.
3. The incentive program for excellence on a record APFT is tiered.
 - a. Soldiers scoring 270 or more with at least 90 points in each event earn the Army Physical Fitness Badge and the right to conduct physical training (PT) on their own for a period of six months.
 - b. Soldiers scoring 280 or more with at least 90 points in each event also earn a unit coin the first time they reach this level.
 - c. Soldiers scoring 290 or more are authorized a 3-day pass.
 - d. Soldiers scoring 300 are authorized a 4-day pass.
 - e. Soldiers who exceed maximum standards will be considered for an impact AAM or ARCOM.

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4. APFT Failure.

a. Personnel who fail a record APFT, regardless of rank, will be flagged for suspension of all favorable personnel actions in accordance with Army Regulation (AR) 600-8-2, and will attend mandatory additional physical fitness training daily under the supervision of the detachment Sergeant Major or his designated representative.

b. Personnel who fail two consecutive semi-annual record APFTs will be considered for elimination from the service in accordance with Chapter 13 of AR 635-200.

5. Failure to meet Army Height/Weight Standards.

a. Personnel who fail to meet Army height/weight standards:

1) Will be flagged for suspension of all favorable personnel actions in accordance with Army Regulation (AR) 600-8-2.

2) Will attend mandatory additional physical fitness training daily under the supervision of the detachment Sergeant Major or his designated representative.

3) Will be referred to a nutritionist for dietary counseling

4) Will be enrolled in the Army height/weight program, weigh in monthly, and be expected to make significant monthly progress.

b. Personnel who fail to make significant monthly progress for a period of six months will be considered for elimination from the service in accordance with Chapter 18 of AR 635-200.

6. Personnel who fail to score at least 70 points in each event of a record APFT will be required to attend additional physical fitness training daily under the supervision of the detachment Sergeant Major or his designated representative and take a monthly diagnostic APFT. They may be removed from this program by requesting in advance that the monthly diagnostic be considered a record APFT for them and by scoring at least 70 points in each event.



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Commanding